



# Epi Update

A newsletter for healthcare professionals in Platte County, MO

VOLUME 4, ISSUE 12

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## SPECIAL POINTS OF INTEREST:

- Don't give your holiday guests a foodborne illness. Practice food safety
- Meet Dr. Keith, a provider in PCHD's Family Healthcare clinic
- Before you do any holiday traveling, learn how to prevent bed bugs from coming home with you
- Reported flu began to rise at the end of Nov

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For more information or questions about Epi Update, contact Erin Sanders, PCHD Epidemiology Specialist at: (816) 858-2412

## Protect Holiday Meals from Germs

Are these germs lurking at your holiday parties and dinners? These are the [top 5 germs](#) that cause foodborne illness in the U.S.<sup>1</sup> Learn more about them and what you can do to prevent the spread in your home or workplace:<sup>1-2</sup>

### 1. Norovirus

**What is it?** A highly contagious virus, also commonly referred to as "stomach flu".

#### **How does it contaminate your food?**

Norovirus is transmitted by the fecal-oral route, which means you can become infected with norovirus by accidentally getting stool or vomit from infected people in your mouth. Food becomes infected when a contagious person touches ready-to-eat foods or a surface that you touch before eating.

**How can I prevent it?** Wash hands well before preparing food or eating. If you are sick, don't prepare food for others and stay home until 24 hours after symptoms end.

### 2. Salmonella

**What is it?** A bacteria

**How does it contaminate your food?** *Salmonella* is spread through contaminated feces from animals and humans. Contaminated foods are often of animal origin and include poultry, eggs, and other meat; but fruits, vegetables, and processed foods may also become contaminated. Food can also be contaminated when people touch infected animals (particularly birds and reptiles), and don't wash their hands before eating or preparing food.

#### **How can I prevent it?**

Cook poultry and eggs to 165°F throughout. Wash fruits and vegetables before eating, and do not cross-contaminate ready-to-eat foods with raw eggs or meat. Always wash hands thoroughly before eating and preparing foods, and especially after handling animals or raw meat.

### 5. Staphylococcus aureus

**What is it?** A bacteria that produces a toxin which contaminates food

**How does it contaminate your food?** People who are carrying Staph bacteria contaminate food when they touch it without washing their hands. Though staph bacteria are killed easily by cooking, its toxins are highly heat-resistant. Bacteria will grow rapidly and produce toxins in food that is kept between 40-140°F.

**How can I prevent it?** Wash hands thoroughly before touching or preparing foods, particularly ready-to-eat foods, and do not prepare food while sick. Keep cold foods below 40°F and hot foods above 140°F, and cool leftovers appropriately. If you suspect your leftovers could be contaminated with Staph toxins, throw them out! Even heating them will not kill the toxins.



### 4. Campylobacter

**What is it?** A bacteria

#### **How does it contaminate your food?**

Similar to *Salmonella*, *Campylobacter* is spread through contaminated animal or human feces. Commonly contaminated foods include poultry, milk, fruits, and vegetables.

**How can I prevent it?** Cook poultry internally to 165°F. Drink or eat only pasteurized milk and milk products. Wash fruits and vegetables and avoid cross contamination in the kitchen, and wash hands after interacting with animals and/or before preparing food.

### 3. Clostridium perfringens

**What is it?** A bacteria that produces a toxin in the intestines

**How does it contaminate your food?** *C. perfringens* is found in many environmental sources and the intestines of humans and animals. *C. perfringens* is highly heat resistant, and a small number of organisms often survive after food is cooked and will multiply extremely rapidly at temperatures between 109 - 117°F. This commonly occurs in beef, poultry, gravies, stews, and dried or pre-cooked foods, particularly when prepared in large quantities or kept warm for a long time before serving.

**How can I prevent it?** Cook food to the correct temperature and keep warm at 140°F or warmer until serving. Eat within 2 hours of cooking. Leftovers should be cooled rapidly by refrigerating at 40°F or colder as soon as possible (and within 2 hours of preparation). Before refrigerating, divide large amounts of food, such as soups and roasts, into small quantities to speed cooling. Reheat leftovers to at least 165°F before serving.



## Spotlight PCHD

# Spotlight on Dr. Debra Keith, DO

Over the next few months we will be spotlighting the providers in our Family Healthcare clinic. Platte County Health Department's Family Healthcare program provides primary care to uninsured and Medicaid residents of Platte County and Clay County. This month, meet Dr. Debra Keith, PCHD's Medical Director and a provider in our Family Healthcare Clinic:

*Dr. Debra C. Keith graduated from the University of Health Sciences in 1987, now known as Kansas City University of Medicine & Biosciences (KCUMB), where she received her Doctor of Osteopathy. She completed her internship at Lakeside Hospital in 1988 and residency at Trinity Lutheran Hospital in 1991, both in Kansas City, MO.*

*Dr. Keith is the sole proprietor of Weston Family Clinic & Medical Spa in Weston, MO and Genesis Medical Spa in Kansas City, MO. She is also an Associate Clinical Professor in*



*Family Medicine for KCUMB.*

Dr. Keith sees Family Healthcare patients one Wednesday a month at PCHD's Parkville location. Residents interested in making an appointment with Dr. Keith can call our Parkville office today at 816-587-5998.

## Things to Know about Bed Bugs

PCHD has recently received several calls about bed bugs. The good news about bed bugs is that there is no evidence that they can transmit disease. However, they can be a very stressful and costly nuisance. Here are a few things you may want to know.<sup>3</sup>

- **Bed bug basics:** Bed bugs feed on human blood but can live for over a year without feeding. They are usually active at night while people are sleeping. Adult bed bugs are only about a 1/4 inch long.<sup>4</sup>
- **Recent** increases in bed bugs in the U.S. are thought to be due to **increased travel** and bed bugs' increased resistance to pesticides, along with a lack of knowledge about effective prevention and control<sup>3</sup>
- Bed bugs tend to hide. Know [where](#)

**Schools:** School districts may want to consider developing [Integrated Pest Management](#) programs so that protocols will already be in place for how to respond if and when bed bugs (or other pests) are found.<sup>12</sup> School-specific bed bug resources from the EPA and other experts **can be found [here](#)**.<sup>11</sup>



Adult bed bug

Source: NYC Health<sup>5</sup>



SCHOOL

[to look and what signs](#) to look for.<sup>3</sup>

- Many bugs can look like bed bugs, so first make sure to [correctly identify](#) them.<sup>3</sup> Try this [checklist](#).<sup>5</sup>
  - **Traveling?** Bed bugs can be in any hotel, even "nice" ones. Bed bugs typically hitchhike on luggage or personal items. Follow these [tips](#) to avoid bringing them home.<sup>6,7</sup>
    - \* [This video](#) shows how to **inspect your hotel room** for bed bugs.<sup>8</sup>
    - \* **Never** put your suitcase or bags on the bed; instead use a **luggage rack** or hard surface.
    - \* When you bring your luggage home, **never** place it directly on your bed, and inspect it before putting things away. Launder clothes immediately with hot water and dry on high heat.
  - Worried you might have bed bugs? **Don't panic**.<sup>9</sup> Follow [these steps](#)<sup>10</sup> before calling a professional.
- Need **more bed bug info**? The EPA has a [clearinghouse](#) of reliable information for all audiences.<sup>11</sup>

# Platte County Influenza Report

Platte County 2017-18 Reported Influenza Cases							
11/5/17—12/2/17		Epi Week				Total	STD*
Age Group	Type	45	46	47	48		(40-48)
0 - 1	Type A				1	1	2
	Type B		1			1	1
	Type A or B					0	0
2 - 4	Type A	1			1	2	2
	Type B					0	0
	Type A or B					0	0
5 - 14	Type A				1	1	1
	Type B					0	0
	Type A or B					0	0
15 - 24	Type A			1	1	2	2
	Type B					0	0
	Type A or B					0	0
25 - 49	Type A			1	3	4	7
	Type B					0	0
	Type A or B					0	0
50 - 64	Type A			1		1	2
	Type B					0	1
	Type A or B					0	0
65 +	Type A				1	1	1
	Type B					0	1
	Type A or B					0	0

## Flu totals<sup>†</sup>

Weeks: 45-48

A	12
B	1
A or B	0

\*Season to date:

A	17
B	3
A or B	0

<sup>†</sup> Reflect total reports received as of 12/11/17

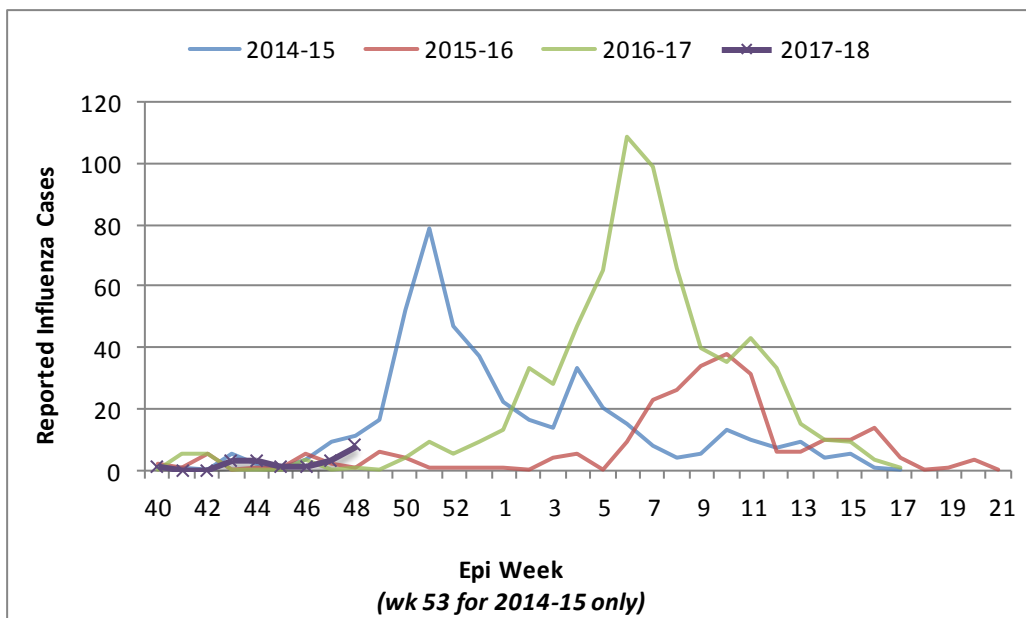
## Notable this Month:


A total of 13 flu cases were reported in Platte County residents during weeks 45-48. The majority were flu A.

Reported flu was low throughout November until increasing slightly in the final week (week 48), during which 8 cases were reported.

The 0-4 year old age group had the highest incidence of reported flu this month and season to date.

Reported Influenza Cases in Platte County residents, by Epidemiological week, past 3 influenza seasons and 2017-18 season-to-date<sup>†</sup>





**Reminder!**

**Providers:**  
**Don't forget** to fax your flu reports **weekly** to PCHD at 816-858-2087. Click [HERE](#) or call 816-858-2412 for a copy of the reporting form.

Reported flu cases in Platte County showed a slight increase towards the end of November. Missouri Department of Health and Senior Services reports the flu season is starting early in Missouri.<sup>13</sup>

# Communicable Disease Report

**Notable this month:** Reported animal bites and STDs were above average for the month of November and YTD\*.

STDs: 8 chlamydia, 1 gonorrhea, and 1 syphilis were reported in Platte County residents this month. PCHD's walk-in clinic also saw an additional 7 STD cases in residents outside of PCHD's jurisdiction. Overall, total chlamydia reporting to PCHD in the last 2 weeks of November was over 4x higher than the average for previous weeks in 2017.

Reportable Diseases November 2017		YTD*						5 YR AVG†
		2017	2016	2015	2014	2013	2012	
Animal Bites	6	75	56	56	27	31	32	40
Gastrointestinal Diseases	2	39	59	57	20	40	27	41
Hepatitis	3	81	79	89	57	76	79	76
STD	14	89	81	46	60	25	96	62
Tuberculosis	1	27	46	27	37	60	50	44
Other	9	106	120	70	106	76	119	98
<b>TOTAL</b>	<b>35</b>	<b>417</b>	<b>441</b>	<b>345</b>	<b>307</b>	<b>308</b>	<b>403</b>	<b>361</b>

\*Year-to-date (counts reflect total cases January through November of the given year)

† Five year average is of YTD counts for years 2012-2016.

Please note that categories are grouped communicable diseases or conditions, most of which are mandatory by law to report (see links below). Totals reported for each category represent total number of reports and inquiries to the health department, not total number of cases.

Categories: Animal bites category includes any type of bite. Gastrointestinal Disease category includes all reportable GI diseases. Hepatitis category could include chronic or acute infections of Hepatitis A, B or C. Sexually Transmitted Disease category includes all reportable STDs other than Hepatitis. Tuberculosis category includes all reports, calls/inquiries, requests for previous records, etc., regarding active or latent cases of TB. Other category includes reports or inquiries regarding individual diseases that do not fit previous categories.

List of Reportable Diseases & Conditions: <http://health.mo.gov/living/healthcondiseases/communicable/communicabledisease/pdf/reportablediseaseelist2.pdf>

Rules of Department of Health and Senior Services - Division 20—Division of Community and Public Health Chapter 20—Communicable Diseases: <http://s1.sos.mo.gov/cmsimages/adrules/csr/current/19csr/19c20-20.pdf>

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## Platte County Health Department

### North

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Fax (816)858-2087

### South

1201 East Street  
Parkville, MO 64152  
(816)587-5998  
Fax (816)587-6028

## Services Provided

- Disease Surveillance
- Emergency Preparedness
- Environmental Health
  - *Restaurant & Septic Inspections*
- Health Education
- Special Deliveries Program
- Women, Infants & Children (WIC)
- Vital Records
  - *Birth & Death Certificates*
- Family Healthcare Clinic
  - *Physician*
  - *Nurse Practitioner*
- Walk-In Clinic
  - *Adult/Child /Travel Vaccinations*
  - *HIV/STD Testing*
  - *Pregnancy Testing*

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